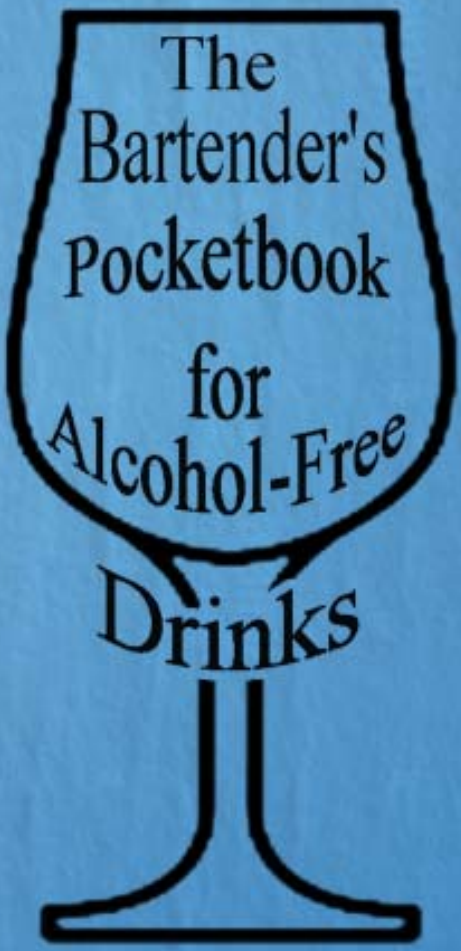


Lionel Hartley

(Metric Edn)

Blank page

Digitised by volunteers at the
Canterbury Public Library,
Christchurch
2025

The Bartender's Pocketbook for Alcohol-Free Drinks

Lionel Hartley

Blank page

Lionel Hartley

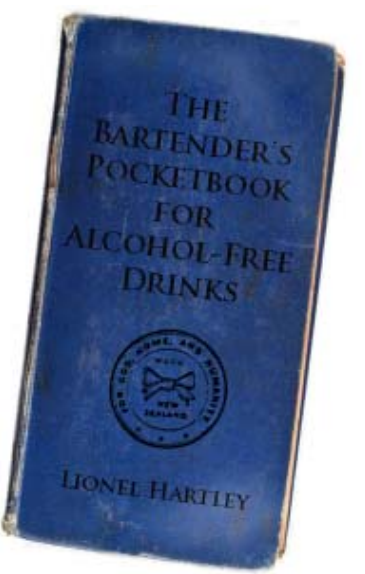
(Metric Edn)
1976

The Bartender's Pocketbook for Alcohol-Free Drinks
Lionel Hartley
Metric Measure Edition
Women's Christian Temperance Union (WCTU) 1976
Copyright ©1976 Lionel Hartley
All rights reserved.

Based on the author's earlier edition of the same title with imperial measurements, published by *The New Zealand White Ribbon Digest* 1969 (with a WCTU imprimatur by Mrs C Polglase)

Contents

7: Introduction
7: Acknowledgements
9: Allergy Advice
11: Hints and Tips
178 : Recipe Index



Cover of 1969 Edition

Introduction

This is the second edition of Bartender's Pocketbook for Alcohol-Free Drinks by Lionel Hartley, replacing the 1969 Edition published by The New Zealand White Ribbon Digest.

The changes legislated in New Zealand by the *Metric Advisory Board* to the national measurement system from imperial to metric has made redundant the first edition which used only imperial measurements.

This metric edition has **the same 154 recipes**, the only change is to the measurements, that have been changed to metric and in some cases rounded off for practicality.

These recipes cut out the most expensive ingredient — the alcohol.

Acknowledgements

Being a life-long teetotaller, for the first edition I relied very heavily on the advice of the bartending staff at the Waltham Arms Hotel in Christchurch for checking ingredients, naming drinks and providing advice and garnishing

suggestions.

Thanks to Mrs C Polglase for her imprimatur of the first edition and to the volunteers at the Christchurch branch of the Women's Christian Temperance Union (WCTU) for sponsoring this metric edition.

Allergy Advice

Some ingredients may cause health issues with certain people. Here is a list of common reactions:

Blue Green Algae (Spirulina): May interact with immunosuppressant medications. May be unsafe for auto-immune diseases.

It is not known how safe it is during pregnancy and breastfeeding.

Cranberry: Interacts with Warfarin. May interact with medicines changed by the liver. May be unsafe for people with aspirin allergies.

Culinary Lavender: Interacts with sedatives and CNS depressants.

May interact with drugs used in surgery.

Food Colouring: Some people may have allergies to certain types of food colouring.

Ginger: Interacts with medicines that slow blood clotting.

May interact with diabetes and high blood pressure medicines.

Grapefruit: Interacts strongly with a variety of medicines including birth control.

Honey: Not recommended for children under 1 year old due to the risk of botulism infection.

Nutmeg: Can interact with multiple medicines, especially medicines changed by the liver.

Pomegranate: Interacts with medicines changed by the liver.

Can interact with blood pressure medicines.

Rhubarb: Interacts with many medicines, including laxatives.

Interacts with medicines that affect the kidneys, including NSAIDS such as Ibuprofen.

Leaves are highly toxic.

Hints and Tips:

Warning: Juices like blackcurrant, raspberry, rhubarb etc. may permanently stain pretty white party dresses, damask doilies or lace tablecloths.

Fruit juice should always be served icy cold.

Ice blocks made with boiling water sparkle like crystal.

For garnishing, use additional fresh herbs, citrus zest and spices for added concentrated antioxidants and flavour punch. For example: mint, basil, lemon, orange, lime, ginger, cinnamon, nutmeg, cloves and cardamom.

Garnish using contrasting colours if possible.

Mixing too many different juices may spoil the flavour.

Contrary to popular belief, when you cook with wine, the alcohol does not evaporate in the cooking, if fact most of the alcohol component is retained and Christmas and other fruit cakes keep just as well without alcohol. Delicious substitutes are orange, lemon, grape,

pineapple or apricot juices, white vinegar or non-alcoholic wines.

The average mixed alcoholic drink made with two tablespoons of rum, vodka or whiskey and juice or cola clocks in at over 200 calories per serve whereas these drinks especially those flavoured with just a splash of juice can cut the calorie count down to around 50 calories per serve while still providing plenty of flavour.

For an outdoor party, half a watermelon with the flesh scooped out may be used as a punch bowl.

Sparkling additives such as lemonade or soda water should be added immediately before serving.

The healthiest fruits are those higher in antioxidants: all berries, grapes, melons, dark orange or red fruits (apricots, peaches, mango, papaya) and all citrus fruits.

There are diabetic-friendly recipes in this book: Apricot Squash (p24), Fruit Cocktail (p71), Hot Peach Nectar (p84), Mock Red Table Wine (p106), Peach Squash (p121), and Redskin Appetiser (p133)

The Recipes:

After Glow

Yield:

Single serve

Ingredients:

½ Cup Orange juice
½ Cup Pineapple juice
2 tablespoons Pomegranate juice syrup (grenadine)

Method:

Mix in glass

---Mmmmm---

Alcohol-Free Mojitos

Yield:

Single serve

Ingredients:

75ml Apple juice
1 teaspoon Lemon juice
½ teaspoon Pomegranate juice syrup (grenadine) if desired
Crushed Ice

Method:

Mix all ingredients in a cocktail shaker or stirrer
Add crushed ice

Serving suggestion:

Garnish with Orange Slice

---Mmmmm---

Alice Mock Cocktail

Yield:

Single serve

Ingredients:

4 tablespoons Cream
2 tablespoons Pineapple juice
2 tablespoons Orange juice
Splash of pomegranate juice syrup

Method:

Shake with ice and strain into a cocktail glass

---Mmmmm---

Almond Ginger

Yield:

Single serve

Ingredients:

2 tablespoons almond syrup
¾ cup Ginger Ale

Method:

Pour ingredients over ice

---Mmmmm---

Amber Nectar

Yield:

Serves 35

Ingredients:

125 litres boiling water
185g sugar
1 sprig mint
250rnl blackcurrant syrup
250ml pineapple juice
250ml fresh orange juice
250ml fresh lemon juice
250ml dark grape juice
6 passionfruit
375ml dry ginger ale
2 x 750ml bottles lemonade

Method:

The day before it is required, mix boiling water, sugar, mint and blackcurrant syrup together until well blended
When cool, add fruit juices and passionfruit
When serving, add ginger ale and lemonade

---Mmmmm---

Angel's Delight Christmas Drink

Yield:

Serves 4 - 6

Ingredients:

Part A
2 cups cranberry juice
4 cups lemonade
1 teaspoon Pomegranate juice syrup (grenadine)
7 scoops ice-cream
¼ cup chocolate syrup
1 Banana
Part B
¼ cup whipping cream
½ cup chopped pecan nuts

Method:

Put all of Part A ingredients in a blender and mix

Serving suggestion:

Put whipped cream and nuts on top of the glasses as a garnish

---Mmmmm---

Apple and Blackcurrant Christmas Cup

Yield:

Single serve

Ingredients:

250ml apple juice
2 whole cloves
¼ of a cinnamon stick
1 tablespoon blackcurrant cordial
Sugar to taste
Apple sliced for garnish

Method:

Place apple juice, cloves and roughly broken cinnamon stick in a saucepan and heat gently below boiling point for five minutes
Add blackcurrant cordial and sugar to taste, if required
Chill in refrigerator until completely cold
Strain the liquid and discard spices
Pour into glasses and use sliced apple to garnish

---Mmmmm---

Apple and Ginger Punch

Yield:

10 cups

Ingredients:

1 x 850ml tin unsweetened apple juice
1 cup pineapple juice
1 apple thinly sliced
1 orange segmented
2 tablespoons finely chopped ginger
¼ cup lemon juice
4 cups dry ginger ale

Method:

Mix

Serving suggestion:

Garnish with orange and apple slices
Serve with ice

---Mmmmm---

Apple Orchard

Yield:

Serves 2

Ingredients:

1 cup Apple Juice
A handful of mint leaves
3-4 lemon slices
½ cup Lemonade
Ice cubes

Method:

Crush mint leaves to release aroma and flavour
Layer mint leaves and lemon slices gently in the bottom of a glass
Add apple juice and top with lemonade
Stir gently and add ice

Serving suggestion:

Use a drinking straw to enjoy every layer of flavour

---Mmmmm---

Apple Pie Mock Cocktail

Yield:

Serves 2 - 4

Ingredients:

75ml Apple juice
1 tsp Lemon juice
½ tsp Grenadine syrup if required
Crushed Ice
Orange Slice

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Pour into an unusually shaped glass
Add crushed ice and decorations

---Mmmmm---

Apricot Julius

Yield:

Single serve

Ingredients:

1 cup Apricot juice or nectar
¼ cup Milk
1 teaspoon Vanilla extract
1 tablespoon Sugar
1 Scoop vanilla ice cream
½ cup ice

Method:

Place all ingredients in a blender
Blend until smooth

Serving suggestion:

Pour into hurricane or other large glass
If too thick, add more juice
If too thin, add more ice cream

---Mmmmm---

Apricot Squash

Diabetic-friendly

Yield:

Individual serves

Ingredients:

1 can apricot nectar (or make own by stewing to a pulp 4 medium apricot halves per serve, Strain and add artificial sweetener to taste)
A dash of soda water per serve

Method:

Add dash of soda water to apricot nectar
Place in shaker with crushed ice and shake gently

Serving suggestion:

Serve in stemmed glass and garnish rim with red or green Low Calorie Jelly Crystals Wet rim of glass with white of egg or orange or lemon juice then roll rim of the glass in crystals

---Mmmmm---

Autumnal Temptation Mock Cocktail

Yield:

Single serve

Ingredients:

? cup Apricot Nectar
Dash Agave Nectar
Splash Grapefruit Juice
¼ cup Lavender Soda

Method:

Pour the apricot ino the glass
Add a splash of grapefruit
Top-up the drink with lavender

---Mmmmm---

Baby Bellini Mock Cocktail

Yield:

Single serve

Ingredients:

¼ cup Peach Nectar, peach juice, or pureed peach
½ Cup Ginger Ale
1 Peach Slice (Optional)

Method:

Pour the peach nectar into a champagne flute
Slowly add the ginger ale

Serving suggestion:

Garnish with a peach slice (optional)

---Mmmmm---

Basil Fizz

Yield:

Serves 1

Ingredients:

½ cup Coconut Water
1½ tablespoons Kale Juice
1½ tablespoons Pineapple Juice
4 Basil Leaves
Dash of Soda Water

Method:

In a glass of your choosing pour the coconut water, kale juice, and pineapple juice
Add 1 to 3 basil leaves to the glass and mix using a spoon until the leaves are well bruised

Serving suggestion:

To serve, add a dash of soda water and garnish with a fresh basil leaf

---Mmmmm---

Beach Bingo

Yield:

Single serve

Ingredients:

75ml Grapefruit juice
75ml Cranberry juice
Soda water

Method:

Pour juices in glass and top with soda water

---Mmmmm---

Berry Guava Sparkler

Yield:

Serves 2

Ingredients:

Mixed berries
1 cup Guava Juice
25 ml syrup (any flavour)
100 ml sparkling juice
10 ml lemon juice
Ice cubes

Method:

Toss berries with syrup in a shaker
Add guava juice, sparkling juice, lemon juice, and ice
Shake well and strain into a glass filled with ice

Serving suggestion:

Use berry-flavoured sparkling water for added flavour

---Mmmmm---

Berry Passion Spritz

Yield:

Serves 2

Ingredients:

1 cup Mango Juice
¼ cup chopped strawberries
2 scoops Vanilla Ice Cream
Ice cubes

Method:

Blend all ingredients until creamy and smooth
Serve in chilled glasses

Serving suggestion:

Optionally drizzle with honey or mango syrup before serving

---Mmmmm---

Berry Sweetheart

Ingredients:

75ml Red cranberry juice
75ml Apple juice
2 tablespoons Honey

Method:

Fill tall glass with ice cubes
Add juices and honey and mix

---Mmmmm---

Berry, Basil and Lime Mock Cocktail

Yield:

Single serving

Ingredients:

½ cup Raspberry Juice
1½ tablespoons Blueberry Juice
3 teaspoons Lime Juice
3 Basil Leaves
¼ cup Lemon-Lime Soda
Ice

Method:

In a drink shaker, place 2 basil leaves and the lime juice
Mix together using a spoon
Add a handful of ice cubes and the remaining juices
Shake vigorously until well mixed
Strain into a martini (or similar) glass and top with lemon-lime soda

Serving suggestion:

To serve, garnish with the remaining basil leaf

---Mmmmm---

Black Cow

Yield:

Single serve

Ingredients:

2 scoops vanilla ice cream
1¼ cups root beer (or ginger ale)
1 tablespoon chocolate syrup
3 tablespoons whipped cream
Cherries (I per serve)

Method:

Put root beer over ice cream and syrup in large glass

Serving suggestion:

Garnish with cream and a cherry
Serve with straw and long spoon

---Mmmmm---

Blackberry Lavenderade

Yield:

Makes 2 litres
Serves 7

Ingredients:

½ cup Culinary Lavender
5 cups Water
? cup Maple Syrup
1 cup Lemon Juice
1½ tablespoons Maple syrup
250g Blackberries
7 teaspoons sugar (1 each per serve)

Method:

In a saucepan, bring 5 cups of water to boil over a high heat
When boiling, add the culinary lavender and reduce to a simmer (low / medium heat)
Partially cover the pan and leave the water and lavender mix to simmer for 15 minutes
Using another pot or a jug, strain the water to remove the lavender
Use a spoon to press on the lavender in the strainer to collect as much lavender

water as possible
Dispose of the lavender and return the strained water to the original saucepan
Bring the water to a simmer over low to medium heat
Add the maple syrup and stir until completely dissolved
Add the lemon juice and stir through the mixture
Taste, and add more maple syrup (sweetness) or lemon (sourness) as desired
To serve, place 1 teaspoon of sugar and 5-8 blackberries in a glass
Jumble together and top with the lavender mixture
Mix to serve

---Mmmmm---

Blue Moon

Yield:

Single serve

Ingredients:

50ml Blackcurrant juice
3 lemon wedges
½ teaspoon brown sugar
Soda water
Crushed ice
Mint to garnish

Method:

Crush the sugar and 2 peeled lemon wedges together, add the blackcurrant juice
Shake, top with soda, stir and add more ice as required

Serving suggestion:

Garnish with lemon wedge and sprig of mint

---Mmmmm---

Blueberry Non-Alcoholic Mojito

Yield:

Single serve

Ingredients:

1 handful Mint Leaves
¼ cup Blueberries
¼ cup Lime Juice
1 splash Rice Syrup
Club Soda

Method:

Lightly muddle blueberries
Mix first four ingredients in a shaker
Add to a glass and top with club soda

Serving suggestion:

Garnish with extra mint

---Mmmmm---

Blueberry Swirl

Yield:

Serves:2

Ingredients:

150ml of Orange Juice
1 extra tablespoon Orange Juice
15ml Pineapple juice
25ml Red Grape juice
25ml Pomegranate Juice
40g Strawberries
40g Blueberries

Method:

Mix all the juices together in jug, and pour the mixture evenly into two separate glasses Add strawberries to the blender with 1 tablespoon of orange juice
Pour the blended mix into each glass
Then pour the blended blueberries into each glass, forming a layer on top

---Mmmmm---

Cardinal Punch

Yield:

Single serve

Ingredients:

50ml Cranberry juice
1 teaspoon Lemon juice
25ml Orange juice
50ml Ginger ale

Method:

Pour juices into tall glass half filled with ice cubes
Top with ginger ale

---Mmmmm---

Caribbean Fruity Mock Cocktail

Yield:

10 Serves (2½ Litres)

Ingredients:

½ cup Lemonade
2 cups Pineapple Juice
1 cup Coconut Cream
1 whole Banana
5 cups Ice
1 cup Sparkling Water

Method:

Place the banana, pineapple juice, coconut cream, lemonade and ice into a blender
Blend until all ingredients are well combined and smooth
Add in the sparkling water and blend lightly until mixed
Serve immediately

Serving suggestion:

Use tropical fruits as garnish
Try using small cookie cutters on slices

of fruit to make stars, hearts, and other fun shapes

---Mmmmm---

Champagne Substitute

See also 'Sham-pane' p.141

Yield:

Serves 3

Ingredients:

2 cups Ginger Ale
1 cup White Grape Juice
6 Raspberries

Method:

Before starting, chill the ginger ale in the fridge or freezer
Gently mix the ginger ale and white grape juice together in a jug
Serve with 2 Raspberries in a Champagne glass

---Mmmmm---

Chill Factor

Yield:

As required

Ingredients:

1 portion cranberry juice
1 portion pineapple juice
1 Sprig of mint for each serve

Method:

Mix, serve and garnish with a sprig of mint

---Mmmmm---

Chockmint Mock Cocktail

Yield:

½ cup Serve

Ingredients:

3 tablespoons Mint choc-chip ice cream
3 tablespoons
1½ tablespoons Coconut Cream
1½ tablespoons Light Cream
1½ tablespoons Milk
Chocolate Syrup

Method:

Pour a small amount of chocolate syrup around the inside of a Martini or similar glass
In a jug or bowl, mix the ice cream, coconut cream, light cream and milk together
Stir until smooth
3 Pour into the prepared glass and serve immediately

Serving suggestion:

Garnish with mint leaves, a small piece of chocolate or a glazed cherry

---Mmmmm---

Chocolate Amaretto Crème

Yield:

Single ¾ cup serving

Ingredients:

½ cup evaporated milk
¼ cup club soda
½ tablespoon unsweetened cocoa powder
2-3 sachets sweetener
¼ teaspoon almond extract
1-2 ice cubes

Method:

Combine all ingredients in blender
Blend on high for 10 seconds, until smooth and creamy

Serving suggestion:

Pour into cocktail glass and serve with a straw

---Mmmmm---

Chocolate Mint

Yield:

Single serve

Ingredients:

50 ml peppermint cordial
200 ml fresh cream
1 teaspoon freshly made cocoa
Grated chocolate for garnishing

Method:

Pour peppermint cordial and cream into cocktail shaker and shake well
Add cocoa and shake again, serve into ice filled glasses and sprinkle with grated chocolate

---Mmmmm---

Christmas Cranberry Punch

Yield:

Serves 30

Ingredients:

7½ cups Cranberry juice
3¾ cups Orange juice
2¾ cups Lemon-lime soda
Extra Cranberries for a garnish

Method:

Combine the cranberry and orange juices in a punch bowl
Gently pour the soda down the sides of the bowl

Serving suggestion:

Float whole cranberries on the top

---Mmmmm---

Christmas Kaleidoscope

Yield:

Single serve

Ingredients:

3 fresh kumquats
3 teaspoons marmalade
25ml orange juice
200ml tonic water or lemonade

Method:

Crush the kumquats with the marmalade, add the orange juice, shake, pour over ice and top with tonic water
Strain the liquid and

Serving suggestion:

Garnish with spent kumquat shells

---Mmmmm---

Cinderella

Yield:

Serves 4

Ingredients:

2 tablespoons Lemon juice
2 tablespoons Orange juice
2 tablespoons Pineapple juice
¼ cup Ginger ale
Dash of pomegranate juice syrup (grenadine)
Pineapple and orange slices for garnish

Method:

Mix first three ingredients in a cocktail shaker / stirrer
Pour into a tall glass
Add lemonade and pomegranate juice syrup
Add crushed ice

Serving suggestion:

Garnish with pineapple and orange slices

---Mmmmm---

Citrus and Soda Mock Cocktail

Yield:

Serves 2

Ingredients:

1½ cups Lime Juice
? cup Grapefruit Juice
? cup Agave Syrup
250ml Club Soda (adjust to taste)
Crushed ice
1 pinch Sea Salt

Method:

Combine first three ingredients and shake with ice
Strain over ice into a tall glass
Top with soda, to taste

---Mmmmm---

Citrus Dream

Yield:

Serves 2

Ingredients:

1 cup chilled orange juice
½ cup milk
2 tablespoon honey or rice syrup
Ice cubes (optional)

Method:

Add all ingredients to a blender
Blend until smooth
Serve chilled

---Mmmmm---

Cocoa Slushy

Yield:

Up to 2 litres

Ingredients:

3 cups strong Cocoa (hot)
1 cup Sugar
2 cups Heavy Cream (Whipping)
4 cups Whole Milk
2 teaspoons Vanilla (to taste)

Method:

In a larger bowl mix sugar and coffee until dissolved
Let cool to room temperature
When cool, adding remaining ingredients and pour into 4-litre freezer bag
Freeze for at least 24 hours
Set out 1 hour to thaw before serving
Smash bag until the Bliss is slushy (Should be slushy, not liquid)
Pour into punch bowl and serve

---Mmmmm---

Cool Raspberry

Yield:

1 Serve of more than 1 cup

Ingredients:

1½ tablespoons Pineapple Juice
1½ tablespoons Crushed Raspberries
1 cup Soda Water
1 Lemon wedge
1 Lime wedge
Sugar, coloured sugar or confectioner's glitter
Ice Cubes

Method:

Inside a drink shaker, place a handful of ice cubes, the crushed raspberries, pineapple juice and the juice from the lemon wedge
Shake vigorously until well mixed
With a lime wedge, wet the rim of a martini (or similar) glass and dip into sugar
Place the Lime wedge on the rim as garnish
Strain the juice mixture into the glass and top with soda water

---Mmmmm---

Cosmopolitan

Yield:

Single serve

Ingredients:

3 tablespoons Cranberry Juice
3 teaspoons Lime Juice
½ cup Soda Water
Dash of Orange Juice
½ cup Ice

Method:

Mix all ingredients in a jug with ice
Strain into a glass and frost or garnish as desired

Serving suggestion:

Garnish with a slice of lemon or a lavender flower

---Mmmmm---

Cranberry Bite

Yield:

Serves 4

Ingredients:

500ml Tomato Juice
125ml of Cranberry Juice
Nine drops of Tabasco sauce (adjust to suit personal preference)
One lemon

Method:

Mix the tomato juice, Tabasco sauce and cranberry juice together
Cut the lemon in half and squeeze the juice of one lemon into the mix
Divide the mix into four glasses and serve

---Mmmmm---

Cranberry Cooler

Yield:

Serves 4

Ingredients:

75ml Cranberry juice
2 tablespoons Apple juice
Soda water

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Add crushed ice and decorate with a sprig of rosemary

---Mmmmm---

Cranberry Sparkler

Yield:

Single serve

Ingredients:

2 cups cranberry juice
4 cups lemonade
1 teaspoon Pomegranate juice syrup (grenadine)

Method:

Blend and serve

---Mmmmm---

Cranberry Winter Warmer

Yield:

Single serve

Ingredients:

75ml of Apple juice
75ml of Cranberry juice
2½ teaspoons Honey
Lemon and cloves for garnish

Method:

Heat the apple and cranberry juice together for one minute in the microwave
Stir in the honey and serve immediately in a heated mug or handled glass

Serving suggestion:

Garnish with a clove-studded lemon wheel

---Mmmmm---

Cranfruit Mock Cocktail

Yield:

Single serve

Ingredients:

¼ cup Grapefruit juice
¼ cup Cranberry juice
Crushed Ice

Method:

Mix all ingredients in a cocktail shaker or stirrer
Pour into an unusually shaped glass
Add Crushed Ice and decorations of choice

---Mmmmm---

Creamsicle

Yield:

Single serve

Ingredients:

250ml Orange juice
2 scoops vanilla ice cream

Method:

Blend at low speed and pour into glass

Serving suggestion:

Garnish with an orange slice

---Mmmmm---

Creamy Colada

Yield:

As required

Ingredients:

4 parts pineapple juice
1 part grapefruit juice
1 part lemon juice
1 part apple juice
2 parts coconut cream
Small portion double cream
Desiccated coconut for sprinkling

Method:

Blend coconut cream and fruit juices together with ice, pour into cocktail glasses and top with lightly whipped double cream and a sprinkling of desiccated coconut

---Mmmmm---

Cucumber Sparkle

Yield:

Single ½ cup serve

Ingredients:

¼ Cucumber
4 Basil Leaves
Juice of 1 Lemon
Sparkling Water

Method:

Cut the cucumber into tiny pieces
Place cucumber, basil leaves and lemon juice in a tumbler
Gently mix ingredients together using a spoon until the basil leaves are well bruised
Top with sparkling water to taste
><><><><><><
Alternate method using a blender:
Cut the Cucumber into small pieces
Place the cucumber, basil leaves and lemon juice in a blender
Blend until the ingredients are mixed well
Pour into a glass and top with sparkling water to taste

---Mmmmm---

Currant Glow

Yield:

Serves 8

Ingredients:

½ cup fresh lemon juice
1 cup blackcurrant syrup
2 cups dry ginger ale
3 cups lemonade
Mint for garnish

Method:

Mix well when ready to serve

Serving suggestion:

Garnish with mint

---Mmmmm---

Daniel's Den

Yield:

Single serve

Ingredients:

1 cup Ginger Ale
1 tablespoon Blackcurrant Juice
Ice

Method:

Place about half a cup of ice (or according to preference) in a tumbler
Almost fill tumbler with ginger ale
Top with blackcurrant juice to serve

---Mmmmm---

Designated Driver Punch

Yield:

5-6

Ingredients:

1 carton pineapple juice
4 tablespoon lemon juice
2 cups soda water or lemonade

Method:

Mix in a punch bowl.
Double or treble quantities (etc.) to increase yield.

---Mmmmm---

Easy-Peasy Punch

Yield:

Approximately 70 glasses

Ingredients:

2 litres cordial
3 litres fruit juice
4 litres ginger ale

Method:

Mix

---Mmmmm---

Eggnog (Alcohol-free Posset)

Yield:

Serves 4

Ingredients:

2 cups Milk
2 whole Cloves
½ teaspoon Cinnamon
¼ cup Sweetened Condensed Milk
4 large Egg Yolks
½ cup Sugar
1 cup Heavy Whipping Cream
1 teaspoon Nutmeg
1 teaspoon Vanilla Extract

Method:

In a deep saucepan, combine milk, cloves and cinnamon over low to medium heat until warm
Slowly bring the mixture to a low (not rolling) boil
In a bowl, mix the egg yolks and sugar until light and fluffy
Gently add 1 tablespoon of the hot milk mixture at a time, stirring well

Return mixture to the saucepan at medium heat for 3 to 5 minutes, stirring frequently, until thickened
Add the cream, nutmeg and vanilla and warm over low heat but do not boil
Once warm, remove from heat and strain using a fine mesh to catch the spices
Place in an airtight container and chill for at least one hour

Serving suggestion:

Garnish with a sprinkle of extra nutmeg if desired

---Mmmmm---

Fresh Julep

Yield:

Serves 8 - 10

Ingredients:

6 whole Mint Leaves 6 whole
1½ cups Sugar
2 cups Cold Water
4 cups Lemon-Lime Soda
2 cups Ginger Ale
2 tablespoons Lime Juice
Ice

Method:

Inside a large bowl, mix together the water and sugar until dissolved
Add mint leaves to the sugar water mix and leave for 1 hour (or longer for a stronger mint flavour)
Half fill a large jug with Ice
Discard the mint leaves and pour the sugar water mix over the ice
Add the lemon-lime soda and ginger ale to the jug and drizzle lime juice on top

Serving suggestion:

Serve immediately while chilled
Trivia:
The word Julep is derived from the Persian word "golab", meaning "rosewater"
Juleps are sweet drinks that may have once been used to encourage someone to take medicine

---Mmmmm---

Fruit Cocktail

Diabetic-friendly

Yield:

Individual serves

Ingredients:

60g apple
60g pear
60g banana,
75g diced pineapple
1 passionfruit
Squeeze of orange juice
Artificial sweetener to taste

Method:

Mix

Serving suggestion:

Serve in stemmed glasses

---Mmmmm---

Fun-Time Punch

Yield:

About 5 litres

Part A Ingredients:

850ml pineapple juice
850ml apricot nectar
1½ litres orange and mango
Juice of 3 lemons
Pulp of 3 passionfruit

Part B Ingredients:

1 litre lemonade
730ml dry ginger ale

Method:

Mix part A ingredients together
Garnish with grapes, banana or strawberries
Add part B ingredients just before serving

---Mmmmm---

Fuzzy Noel

Yield:

1-2 serves depending on glass size

Ingredients:

¾ cup peach sorbet
? cup orange juice
1 cup sparkling water
A few drops of almond extract
Crushed ice

Method:

Blend sorbet, juice and extract until smooth
Stir in sparkling water
Pour over crushed ice and serve

---Mmmmm---

Gingerbread Spritzer

Yield:

Serves 4

Ingredients:

75ml Raspberry juice
1 tsp Lemon juice
Dash of cinnamon
Dash of Lemonade
Ginger Ale
Crushed Ice
1 raspberry

Method:

Mix first three ingredients in a cocktail shaker / stirrer
Pour into an unusually shaped glass
Add lemonade and ginger ale
Add crushed ice

Serving suggestion:

Decorate with a raspberry on the side

---Mmmmm---

Golden Kiwi Punch

Yield: 6½ cups

Ingredients:

1 x 850ml can of pear and peach fruit drink
1 banana chopped
1 kiwifruit peeled and chopped
½ honeydew melon (or similar) chopped
1 cup lemon and lime sparking mineral water
1 cup soda water

Method:

Mix

Serving suggestion:

Serve with ice cubes

---Mmmmm---

Golden Punch

Yield:

2¼ litres

Ingredients:

1 cup Lemony syrup (see recipe below)
2 litres Ginger Ale

Method:

Pour 1 cup of lemony syrup in your dispenser, and add 2 litres ginger ale, and stir

>>>>>>>

Lemony Syrup Recipe (makes 4 Cups)

Ingredients:

5 cups Sugar
2 tablespoons Almond Extract
2 cups Water
2 tablespoons Vanilla Extract
1 tablespoon Lemon Juice

Method:

Boil the syrup ingredients; stir continuously until syrup is clear and no longer cloudy

Store the rest of your syrup in a tightly sealed container in the refrigerator up to 2 months

---Mmmmm---

Grape Sparkler

Yield:

Serves 6 - 7

Ingredients:

3 cups Grape Juice
2 tablespoons Lemon Juice
2 tablespoons Honey
2 cups Soda Water

Method:

About 10 minutes before starting, leave the grape juice, lemon juice and honey to rest at room temperature and chill the soda water in the refrigerator
In a large jug, pour the room temperature juices and honey mix well to combine
Add the chilled Soda water and gently stir through
Pour into a glass of your choice to serve

Serving suggestion:

Freeze some grapes the night before to use as ice cubes

---Mmmmm---

Grapeberry Mock Cocktail

Yield:

Single serve

Ingredients:

100ml Cranberry juice
100ml Grapefruit juice

Method:

Mix all ingredients Put in glass

Serving suggestion:

Add crushed ice

---Mmmmm---

Grapefruit & Orange Mock Cocktail

Yield:

Single serve

Ingredients:

50ml Orange juice
100ml Grapefruit juice

Method:

Mix all ingredients Put in glass

Serving suggestion:

Add crushed ice

---Mmmmm---

Green Frost

Yield:

Single serve

Ingredients:

3 tablespoons White Grape Juice
1½ tablespoons Pineapple Juice
1½ tablespoons Lime Juice
? cup Lemon-Lime Soda
1½ tablespoons Blueberries
3 to 5 Mint Leaves
Ice

Method:

Fill a glass of your choice with ice
In a drink shaker, place some ice cubes, the blueberries, mint leaves, and all juices
Shake vigorously until well mixed
Strain juice mixture into glass and top with lemon-lime soda

Serving suggestion:

To serve, add a few whole blueberries to the drink

---Mmmmm---

Guava Cooler

Yield:

Single serve

Ingredients:

1 cup Guava Juice
Juice of ½ lemon
1 teaspoon honey
Ice cubes
Lemon slice or mint to garnish

Method:

Chill ingredients beforehand
In a shaker or jug, combine guava juice, lemon juice, and honey
Shake or stir until honey is dissolved
Pour into glasses filled with ice cubes

Serving suggestion:

Garnish with a lemon slice or mint

---Mmmmm---

Hot Cocoa Toddy

Yield:

Single serve

Ingredients:

? cup Hot chocolate
? cup Decaffeinated coffee
2 tablespoons caramel

Method:

Mix hot chocolate with Decaffeinated coffee and then add caramel

Serving suggestion:

Serve with a sugar rim and whipped cream with cocoa or chocolate sprinkles

---Mmmmm---

Hot Peach Nectar

Diabetic-friendly

Yield:

Individual serves

Ingredients:

1 Medium-sized peach
Tablespoon ice-cream
Nutmeg

Method:

Pulp and heat 2 peach halves

Serving suggestion:

Serve in tall glass with the ice cream and top with a sprinkle of nutmeg

---Mmmmm---

Ice-cream Soda

Yield:

Single serve

Ingredients:

1 cup Lemon-Lime Soda
1 cup Vanilla Ice Cream
Dash of Cola or blackcurrant juice

Method:

Partially melt the ice cream by placing some in a microwave-safe container and heating for a few seconds
Pour in the lemon-lime soda and stir together vigorously until the mixture is soft and frothy
Pour into serving glasses and top with a dash of cola or blackcurrant juice

---Mmmmm---

Iced Coffee Mock Cocktail

Yield:

Serves 5

Ingredients:

¼ cup cold strong coffee or caffeine-free alternative
¼ cup sugar
¼ cup hot water
4 cups milk

Method:

Mix or shake all ingredients Put in glasses

Serving suggestion:

Add crushed ice

---Mmmmm---

Irish Memory

Yield:

Single serve

Ingredients:

2 cups plus extra 2 tablespoons of water
1 tablespoon of sugar
2 tablespoons Mint leaves, chopped
2 tablespoons Lime sherbet, softened
2 tablespoons Lime juice
2 tablespoons of Water
½ cup of Club soda
Lime slices for garnish

Method:

Combine the 2 cups water and sugar in a microwave safe bowl
Heat in the microwave on high for five minutes
Stir the mint into the water, stand for 5 minutes
Strain to discard the mint leaves from the syrup
Stir the lime sherbet, lime juice, and 1 cup water together
Pour the mint infused syrup into them mixture
Add club soda and stir

---Mmmmm---

Jaffa Fruit Mock Cocktail

Yield:

Serves 4

Ingredients:

½ cup Low Fat chocolate Yoghurt
Juice of 3 oranges
½ cup Passion Fruit juice
½ cup cold Milk
½ cup chocolate ice cream
Honey (or rice syrup) to sweeten if required
Chocolate sprinkles (optional)

Method:

Mix first four ingredients in a cocktail shaker or stirrer
Pour into an unusually shaped glass
Add ice cream and decorate with chocolate sprinkles

---Mmmmm---

Lemon Mock Cocktail

Yield:

Single serve

Ingredients:

50ml Orange juice
150ml Lemon juice

Method:

Mix or shake all ingredients Put in glasses

Serving suggestion:

Add crushed ice

---Mmmmm---

Lemon Raspberry Mock Cocktail

Yield:

Single serve

Ingredients:

75ml Raspberry juice
1 teaspoon Lemon juice
75ml Ginger Ale
Dash of cinnamon
Dash of Lemonade
Crushed Ice
1 Raspberry for garnishing

Method:

Mix all ingredients in a cocktail or shaker or stirrer
Pour into an unusually shaped glass

Serving suggestion:

Add crushed ice and decoration with a split raspberry

---Mmmmm---

Lemon-Strawberry Punch

Yield:

2+ litres

Ingredients:

500ml Orange juice
250g Strawberries cut into small slices
500ml Lemonade
1 litre Ginger ale and/or carbonated water
Sliced Bananas, Oranges or Lemons (garnish)

Method:

Combine orange juice, lemonade and strawberries in a punch bowl with ice
Just before serving, add ginger ale and/or carbonated water
Garnish with a thin slice of orange, lemon or bananas

---Mmmmm---

Little Engineer

Yield:

Single serve

Ingredients:

½ Cup Orange juice
½ Cup Pineapple juice

Method:

A splash of Pomegranate juice syrup (grenadine)

Serving suggestion:

Pour over ice in a tall glass

---Mmmmm---

Mango Honey Bliss

Yield:

Serves 2

Ingredients:

2 cups Mango Juice
1 Chopped fresh mango
¼ cup Honey syrup
1 tablespoon lemon juice
? cup Yoghurt
8 Ice cubes

Method:

Blend all ingredients until smooth and creamy
Serve immediately in chilled glasses

Serving suggestion:

Add a slice of mango on top as garnish

---Mmmmm---

Mango Mint Zing

Yield:

Serves 2-3

Ingredients:

75g fresh mango
½ cup Mango Nectar
Mint leaves
Juice of ½ lime
200ml Ginger sparkling water or ginger ale
Ice

Method:

Blend mango, nectar, mint, and lime juice
Top with ginger sparkling water and serve over ice

Serving suggestion:

Garnish with mint or lime slices

---Mmmmm---

Mango Passion Smoothie

Yield:

Single serve

Ingredients:

1 cup Passion Fruit Juice
½ cup mango pieces (freeze mango for extra chill)
Juice of ½ lemon
Mint leaves
Ice

Method:

Blend all ingredients until smooth
Pour into a chilled glass and garnish with mint

---Mmmmm---

Mango Saffron Smoothie

Yield:

Serves 2

Ingredients:

170g fresh mango
3 strawberries
1 banana
250ml Mango Nectar
2 scoops vanilla ice cream
75g saffron-soaked ice
½ cup milk

Method:

Blend all ingredients until smooth
Serve immediately

Serving suggestion:

Use soaked saffron ice for an exotic touc

---Mmmmm---

Mango Yoghurt Blend

Yield:

Serves 2

Ingredients:

1 cup Mango Juice
1 cup Flavoured Yoghurt
Pinch of Ground Cardamom
Ice cubes

Method:

Blend all ingredients until smooth
Pour into glasses and serve chilled

Serving suggestion:

Add a pinch of saffron or rose water for a gourmet twist

---Mmmmm---

Mango Zing

Yield:

Serves 2

Ingredients:

1 cup Mango Juice
3-4 orange slices
Juice of ½ lemon
Ice cubes

Method:

Mix mango juice and lemon juice
Add orange slices and ice
Stir and serve

Serving suggestion:

Add mint for a refreshing twist

---Mmmmm---

Mapleberry

Yield:

Single serve

Ingredients:

10 whole Mint Leaves
1 tablespoons Lime Juice
1 tablespoon Maple Syrup
½ cup Blueberry Juice Drink
½ cup Soda Water
2 tablespoons Blueberries

Method:

Place 8 mint leaves in a glass and mix well with a spoon
Add the lime juice and maple syrup to the bottom of the glass and mix together well
Pour in the blueberry juice drink and soda water, and mix gently with a spoon
Add a few fresh blueberries to the glass and serve

---Mmmmm---

Mickey Mouse Drink

Yield:

Serves 4

Ingredients:

75ml Tomato juice
1 dash Lemon juice
½ tsp Worcestershire sauce
2-3 drops Tabasco sauce
1 wedge Lemon
Ice Cubes

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Pour into an unusually shaped glass
Add crushed ice and decorations

---Mmmmm---

Mint Apple Spritz

Yield:

Serves 2

Ingredients:

10g fresh apple slices
100 ml Apple Juice
30 ml sparkling water
20 ml syrup (e.g. Apple syrup which pairs perfectly with the fresh fruit)
1g mint leaves

Method:

Combine all ingredients and mix lightly
Add ice and stir gently
Serve immediately

---Mmmmm---

Mint Mock Cocktail

Yield: Serves 4

Ingredients:

3 cups water
1 tablespoon of sugar
2 tablespoons of mint leaves, chopped
2 tablespoons of lime sherbet, softened
2 tablespoons lime juice
½ cup of Club soda
Lime slices for garnish

Method:

Combine the 2 cups of the water and sugar in a microwave-safe bowl
Heat in the microwave on high for five minutes
Stir in the mint into the water and let it stand for 5 minutes
Strain and discard the mint leaves from the syrup
In another container, stir the lime sherbet, lime juice, and 1 cup of water together
Pour the mint infused syrup into the mixture
Add club soda and stir and serve

Serving suggestion:

Garnish with lime slices

---Mmmmm---

Mint Passion

Yield:

Serves 1

Ingredients:

1 cup Passion Fruit Juice
1 fresh Passion fruit (scooped)
3 Lemon slices
2 Mint leaves
½ cup Sparkling water
Ice cubes

Method:

Mix and serve

Serving suggestion:

Rim the glass with a little sugar for a festive look

---Mmmmm---

Mock Red Table Wine

Diabetic-friendly

Yield:

Individual serves

Ingredients:

60 ml Dark Grape Juice
Dash of soda water

Method:

Place in shaker with crushed ice
Shake gently

Serving suggestion:

Serve from a decanter into wine glasses

---Mmmmm---

Monster Slime Juice

Yield:

4+ litres

Ingredients:

1½ cups Orange juice concentrate
¾ cup Berry Blue Kool Aid
Water

Method:

Mix juice and Kool Aid
Add 4 litres water
Stir and watch it turn green

Serving suggestion:

Monster party theme

---Mmmmm---

Moo Cow Mock Cocktail

Yield:

Single serve

Ingredients:

75ml Apple juice
125ml milk
Crushed ice

Method:

Mix all ingredients in a cocktail shaker/ stirrer and pour into glass
Add crushed ice

---Mmmmm---

Moscow Mock Cocktail

Yield:

Serves 5

Ingredients:

1 tablespoon Lime Juice
½ cup Ginger Ale
½ litre Club soda
1 Lime wedge (Optional)

Method:

Add the lime juice and ginger ale to a glass,
Top with club soda

Serving suggestion:

Garnish with lime wedge

---Mmmmm---

Non-Alcoholic (Spanish) Sangria (Version 1)

Yield:

Serves 6 - 7

Ingredients:

1 litre White Grape Juice
1 cup Blueberries
1 cup Orange Juice
1 tablespoon Lime Juice
2 Lime (Chopped)
2 Oranges (Chopped)
2 Bananas (Chopped)
2 Peaches (Chopped)

Method:

Peel the Bananas but leave the skin on the other fruits
Chop the limes, oranges, peaches and bananas into small pieces
In a blender, combine ¼ cup of blueberries with all of the white grape juice
Pour the juice into a jug and mix in the orange and lime juices
Add all of the chopped fruits and the rest

of the blueberries
To release more blueberry flavour, slice into or gently crush the blueberries before adding to the final Sangria mix
Refrigerate for at least 2 hours before serving

---Mmmmm---

Non-Alcoholic (Spanish) Sangria (Version 2)

Yield:

Serves 5 - 6

Ingredients:

3 Cups White grape juice
2 Cups Cranberry juice
1½ Cans lemon-lime sparkling seltzer water
¼ Cup Blueberries
½ Granny Smith apple
½ Red apple
½ Lemon
½ Orange
½ Cup Strawberries

Method:

Cut up the fruit extra tiny & add it to a jug
Add the juice and sparkling seltzer water to the fruit
Refrigerate for at least 2 hours before serving

---Mmmmm---

Non-Alcoholic Strawberry Daiquiri

Yield:

Single serve

Ingredients:

2 Large Strawberries, hulled
¼ cup White Sugar
1 tablespoon Lemon Juice
¾ cup Chilled Lemon-Lime Soda
4 Ice cubes

Method:

Blend all ingredients in a blender
Pour into a glass and serve

---Mmmmm---

Orange Juliana

Yield:

Serves 2

Ingredients:

½ cup Orange juice
¼ cup Milk
1 teaspoon Vanilla extract
2 tablespoons sugar
1 scoop Vanilla ice-cream
½ cup Crushed ice

Method:

Blend all ingredients in blender together with ½ cup ice until smooth

---Mmmmm---

Orange Julius

Yield:

Single serve

Ingredients:

1 cup Orange juice
¼ cup Milk
1 teaspoon Vanilla extract
1 tablespoon Sugar
1 scoop Vanilla ice cream
½ cup ice

Method:

Place all ingredients in a blender
Blend until smooth

Serving suggestion:

Pour into hurricane or other large glass
If too thick, add more juice
If too thin, add more ice cream

---Mmmmm---

Orange Tang Mock Cocktail

Yield:

Single serve

Ingredients:

100ml Orange juice
100ml Cranberry juice
Crushed ice

Method:

Mix all ingredients in a cocktail shaker/ stirrer and pour into glass
Add crushed ice

Serving suggestion:

Garnish with an orange slice

---Mmmmm---

Party Fairy Floss

Yield:

Single serve

Ingredients:

1 cup Fairy Floss (Candyfloss)
1 cup Sparkling Water

Method:

Fill a glass of your choosing loosely with fairy floss
Gently pour sparkling water directly on top to serve

Serving suggestion:

Let the child watch as you pour the sparkling water to transform common candy into a magical treat

---Mmmmm---

Passion Fizz

Yield:

Serves 2

Ingredients:

1 cup Passion Fruit Juice
A few Mint leaves
3-4 lemon slices (frozen to keep the drink cool without dilution)
½ cup lemonade
Ice cubes
Add few passion fruit seeds for crunch and flavour

Method:

Crush mint leaves to release aroma and flavour
Layer mint leaves and lemon slices gently in the bottom of a glass
Add passion fruit juice and seeds and top with lemonade
Stir gently and add ice

---Mmmmm---

Passion Fruit Mock Cocktail

Yield:

Serves 4

Ingredients:

½ Cup Low Fat Vanilla Yogurt
3 Tangerines
½ Cup Passion Fruit Juice
½ cup Cold Milk
½ cup crushed ice or Ice Cream (optional)
Honey to sweeten if required

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Pour into an unusually shaped glass
Add crushed ice and decorations

---Mmmmm---

Passion Iced Refresher

Yield:

Serves 2

Ingredients:

½ cup Passion Fruit Nectar
2 fresh passion fruits
Juice of ½ lime
Lime zest
3 mint or 2 basil leaves
½ cup iced herbal tea
Crushed ice

Method:

Mix all ingredients in a shaker
Shake and pour into glasses filled with crushed ice

Serving suggestion:

Try basil instead of mint for a unique flavour

---Mmmmm---

Peach Julius

Yield:

Single serve

Ingredients:

1 cup Peach juice
¼ cup Milk
1 teaspoon Vanilla extract
1 tablespoon Sugar
1 Scoop vanilla ice cream
½ cup ice

Method:

Place all ingredients in a blender
Blend until smooth

Serving suggestion:

Pour into hurricane or other large glass
If too thick, add more juice
If too thin, add more ice cream

---Mmmmm---

Peach Squash

Diabetic-friendly

Yield:

Individual serves

Ingredients:

Stew to a pulp 2 medium-sized apricot halves per serve, Strain and add artificial sweetener to taste)
A dash of soda water per serve

Method:

Add dash of soda water to peach nectar
Place in shaker with crushed ice and shake gently

Serving suggestion:

Serve in stemmed glass and garnish rim with red or green Low Calorie Jelly Crystals Wet rim of glass with white of egg or orange or lemon juice then roll rim of the glass in crystals

---Mmmmm---

Pine Mockolade (mock Colada)

Yield:

2 less than 1 cup serves

Ingredients:

? cup Pineapple Juice
3 tablespoons Coconut Cream
1 cup Ice

Method:

Pour all ingredients into a blender and mix thoroughly
Serve immediately

---Mmmmm---

Pineapple Chia Energizer

Yield:

Serves 2

Ingredients:

Fresh mint leaves
1 cup Pineapple juice
1/4 cup orange juice
2 tablespoon chia seeds
Ice cubes

Method:

Blend mint with pineapple juice
Stir in orange juice and chia seeds
Let sit for 5 minutes and serve over ice
Stir before serving to redistribute the chia

---Mmmmm---

Pineapple Milkshake Mock Cocktail

Yield:

Single serve

Ingredients:

1 tablespoon Honey
½ Cup Milk
3 Pineapple chunks
75ml Pineapple juice
Crushed ice

Method:

Mix together in shaker Add crushed ice

---Mmmmm---

Pineapple Mint Punch

Yield: 8 cups

Ingredients:

¼ cup chopped fresh mint
1 x 850ml pineapple juice
6 passionfruit
¼ cup lime juice
¼ cup chopped fresh mint
1.25 litres lemon, lime and orange sparkling mineral water

Garnish Ingredients:

¼ cup chopped fresh mint
1 passionfruit
Water

Method:

Place pulp of one passionfruit and one lot of mint in two ice cube trays, top with water and freeze
Combine all ingredients in a bowl
Add prepared ice cubes just before serving

---Mmmmm---

Pineapple Pash

Yield:

6 litres

Ingredients:

4 litres pineapple juice
Pulp of six passionfruit (or a tin of passionfruit pulp
2 litres lemonade

Method:

Mix pineapple juice and passionfruit pulp beforehand
Add lemonade when ready to serve

Serving suggestion:

Garnish with mint

---Mmmmm---

Pink Passion Fruit Mock Cocktail

Yield:

Serves 4

Ingredients:

½ cup Low Fat Vanilla Yoghurt
Juice of 3 Tangerines or mandarin oranges
½ cup Passion Fruit juice
½ cup cold Milk
½ cup crushed ice or ice cream (optional)
Honey (or rice syrup) to sweeten if required

Method:

Mix all ingredients in a cocktail shaker or stirrer
Pour into an unusually shaped glass

Serving suggestion:

Add crushed ice (or ice cream) and decorate

---Mmmmm---

Pink Tropical Not-A-Colada

Yield:

Makes one 1½ cups serving

Ingredients:

¾ cup unsweetened pineapple juice
2-3 sachets sweetener
1 teaspoon lime juice
¼ teaspoon coconut extract
½ cup of fresh or unsweetened frozen strawberries
3-4 ice cubes (if using fresh berries, add 3-4 extra ice cubes)

Method:

Combine ingredients in blender
Blend on high for 30 seconds, until smooth and creamy

Serving suggestion:

Pour into fancy glass and serve with straw

---Mmmmm---

Port Wine Substitute

Yield:

Single serve

Ingredients:

¼ cup Grape Juice
¼ cup Apple Juice
1½ tablespoon Cranberry Juice

Method:

Gently mix juices together
Slightly chill before serving

Serving suggestion:

Serve in a port-wine glass

---Mmmmm---

Quick Party Punch

Yield:

8 cups
Increase amounts to serve a larger crowd

Ingredients:

2 cups pineapple juice
2 cups grape juice
4 cups dry ginger ale

Method:

Mix together and serve chilled

---Mmmmm---

Raspberry Rum-free Daiquiri

Yield:

Single serve

Ingredients:

¼ cup Sweet & Sour mix
¼ cup Soda
½ cup Raspberry puree
Whipped cream

Method:

Place ingredients in blender and add ice
Mix until desired thickness

Serving suggestion:

Pour into a tall glass and top with whipped cream

---Mmmmm---

Redberry

Yield:

Serves 2

Ingredients:

300ml orange juice
l Lemon
l Lime
80g Raspberries
2 sprigs mint

Method:

Cut both the lemon and lime in half and squeeze the juice into a blender
Add the rest of the ingredients into the blender, and blend until smooth
Divide the recipes between two glasses and decorate with a sprig of mint

---Mmmmm---

Redskin Appetiser

Diabetic-friendly

Yield:

Individual serves

Ingredients:

125ml unsweetened tomato juice
100ml unsweetened pineapple juice

Method:

Mix well
Pour over crushed ice

Serving suggestion:

Garnish with mint or tiny pieces of unpeeled cooking apple

---Mmmmm---

Rhubarb Beer

Yield:

Single 1 cup serve

Ingredients:

2 tablespoons Rhubarb Syrup
Juice of ½ Lime
1 cup Ginger Ale
Ice

Method:

In a glass of your choice, pour rhubarb syrup into the bottom
Squeeze the lime juice onto the syrup
3 Place a generous amount of ice into the glass, on top of the syrup

Serving suggestion:

To serve, top with ginger ale and add a straw or swizzle stick

---Mmmmm---

Root Beer Float

Yield:

Single serve

Ingredients:

Root beer (or ginger ale)
Vanilla ice cream

Method:

Put ice cream in 1 third of the glass and slowly top-up with Root beer

---Mmmmm---

Rosemary Sunset Mock Cocktail

Yield:

15 Litres (6 Serves)

Ingredients:

4 tablespoons Rosemary Syrup (see recipe below)
1 cup Water
1 cup Sugar
3 sprigs Rosemary
2 cups Grapefruit Juice
4 cups Sparkling Water

Method:

To make Rosemary Syrup, place sugar, water, and rosemary into a pot and bring the mixture to the boil
Stir mixture thoroughly to make sure the sugar is entirely dissolved, then remove from heat and place in a jar to cool
Pour Grapefruit Juice into a jug and add 4 tablespoon of the Rosemary Syrup
Stir well
To serve, add chilled sparkling water

Serving suggestion:

Garnish with a fresh sprig of rosemary

---Mmmmm---

Saint Clements

Yield:

Single serve

Ingredients:

½ Cup Lemonade
½ Cup Orange juice

Method:

Mix over ice in tall glass

Serving suggestion:

Garnish with pineapple and orange slices

---Mmmmm---

Seabreeze Mock Cocktail

Yield:

Serves 2 - 4

Ingredients:

¼ cup Grapefruit juice
¼ cup Cranberry juice
Crushed Ice

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Pour into an unusually shaped glass
Add crushed ice and decorations

---Mmmmm---

Shampagne Julep

Yield:

As required

Ingredients:

One part White grape juice
One part Mint-flavored sparkling water
Sprig of mint per serve for garnish

Method:

For each serving, combine in champagne flute glass, with juice and sparkling water in roughly equal portions

Serving suggestion:

For a sweeter beveridge use slightly more mint mixer or adjust to taste
Garnish with a sprig of mint

---Mmmmm---

Sham-pane

See also 'Champagne Substitute' p42

Yield:

Individual serve (multiply quantities for multiple serves)
Ingredients (for each serve):
60 ml lime cordial
60 ml elderflower cordial
3 drops orange blossom water
130 ml cold soda water

Method:

Pour everything into a jug, stir and serve

---Mmmmm---

Shirley Temple Mock Cocktail

Yield:

Single serve

Ingredients:

75ml Lemon-lime soda
75ml Ginger ale
Splash of pomegranate juice syrup (eg grenadine)

Method:

Pour sodas in tall glass over ice
Add pomegranate juice syrup and stir

---Mmmmm---

Silent Night

Yield:

Single serve

Ingredients:

50ml elderflower cordial
3 lemon wedges
½ teaspoon brown sugar
Soda water
Crushed ice
Mint to garnish

Method:

Crush the sugar and 2 lemon peeled wedges together, add the elderflower cordial
Shake, top with soda, stir and add more ice as required

Serving suggestion:

Garnish with lemon wedge and sprig of mint

---Mmmmm---

Snowdrift Mock Cocktail

Yield:

4 Litres (16 Serves)

Ingredients:

½ cup Sugar
¼ cup Water
6 tablespoons Evaporated Milk
1 teaspoon Almond Extract
2 litres Lemon-Lime Soda
2 litres Vanilla Ice Cream
Whipped Cream
Colourful sprinkles, nonpareils or 'hundreds-and-thousands'

Method:

Inside a bowl, microwave the water and sugar until dissolved
Let cool
Add the evaporated milk and almond extract to the sugar water mix and pour into the large jug or punch bowl
Add the ice cream and break into small chunks using a spoon while mixing
Slowly add the lemon-lime soda and stir together gently

Serving suggestion:

To serve, spoon into serving glasses and top with whipped cream and sprinkles

---Mmmmm---

Soft-textured Mock Cocktail

Yield:

1 Serve (1½ cups)

Ingredients:

½ cup Vanilla Ice Cream
1 cup Orange Juice
Dash of Blackcurrant Juice
Ice

Method:

Partially melt the ice cream by leaving it at room temperature for a short while, or by putting some in a microwave-safe container and heating for a few seconds
Pour the softened ice cream into a jug or bowl
Gently pour in the orange juice and stir until well mixed
Pour the mixture into a glass of your choosing
To serve, add a single ice cube and gently pour blackcurrant juice over the ice

---Mmmmm---

Sparkling Peach Sunrise Mock Cocktail

Yield:

Single serve

Ingredients:

? cup Peach Juice
½ cup Lemon-Lime Soda (adjust to taste)
1½ tablespoons Pomegranate juice syrup (grenadine)

Method:

Pour the peach juice over ice into a tall glass with lemon-lime soda
Slowly pour the pomegranate juice syrup (grenadine) into the drink and it will gradually rise to the top

---Mmmmm---

Spiced Cranberry Winter Warmer

Yield:

Single serve

Ingredients:

75ml of Apple juice
75ml of Cranberry juice
2½ teaspoons Spiced Syrup (see below)
Lemon and cloves for garnish

Method:

Prepare Spiced Syrup in advance - mix together some a ¼ cup of sugar, a few vanilla pods, a cinnamon stick, a handful of cloves and some cardamon stick and allow to infuse for three days to bring out the flavours, then Sieve ready for use.
Heat the apple and cranberry juice together for one minute in the microwave
Stir in the spiced syrup and serve immediately in a heated mug or handled glass

Serving suggestion:

Garnish with a clove-studded lemon wheel

---Mmmmm---

Spiced Fruity Punch

Yield:

Serves 2-3

Ingredients:

250ml sweetened orange juice
250ml apple juice
150ml water
½ teaspoon ground ginger
½ teaspoon mixed spice
1 orange
Slices of apple and orange for garnish

Method:

Place orange juice, apple juice, water, ginger and mixed spice into a saucepan
Bring mixture to the boil, then simmer gently over a low heat for about five minutes
Pour the heated punch into warm glasses, add slices of apple and orange to serve

--Mmmmm---

Spicy Sweet Mary

Yield:

Single serve

Ingredients:

1 cup vegetable cocktail juice
1-2 sachets sweetener
1 dash celery salt
1 dash Worcestershire sauce
2 drops Tabasco sauce
1 lime wedge
1 cucumber spear for garnish

Method:

Combine first 6 ingredients in an old-fashioned glass
Stir well Squeeze lime wedge over mixture and add wedge to drink
Stir
Garnish and serve

---Mmmmm---

Strawberry and Melon Crush

Yield:

12 cups

Ingredients:

½ watermelon (which is about 10 cups chopped watermelon)
250g strawberries
1 x 850ml pineapple juice
2 cups soda water
2 cups lemonade
1 lime sliced

Method:

Blend watermelon flesh until smooth and discard pulp (or use it for another recipe)
Blend half the strawberries and cut the remaining in half for the garnish
Combine all juices and mix well

Serving suggestion:

Just before serving, add soda water, lemonade, ice cubes and lime slices
Garnish with lime slices and strawberry slices

---Mmmmm---

Strawberry Julius

Yield:

Single serve

Ingredients:

1 cup Strawberry juice
¼ cup Milk
1 teaspoon Vanilla extract
1 tablespoon Sugar
1 Scoop vanilla ice cream
½ cup ice

Method:

Place all ingredients in a blender
Blend until smooth

Serving suggestion:

Pour into hurricane or other large glass
If too thick, add more juice
If too thin, add more ice cream

---Mmmmm---

Strawberry Mockolada

Yield:

1 large cup serving

Ingredients:

? cup Pineapple Juice
3 tablespoons Coconut Cream
1 cup Crushed Ice
8 Strawberries

Method:

Pour all ingredients into a blender and mix thoroughly
Serve immediately

---Mmmmm---

Sundowner

Yield:

Single serve

Ingredients:

? cup Sparkling Water
½ cup White Grape Juice
1 sprig of Mint

Method:

Pour the ingredients into a wine glass
Stir well

Serving suggestion:

Garnish with a sprig of mint

---Mmmmm---

Sunset Mango

Yield:

Serves 2

Ingredients:

200ml Passion fruit juice
2 Passion fruit
2 slices Lemon
Sprig mint crushed
45 ml Sparkling soda water
Crushed ice

Method:

Mix passion fruit juice and fresh passion fruit in a jug
Add lemon slices, mint, and ice
Top with sparkling soda water and stir.
Decant into 2 glasses

---Mmmmm---

Sunshine

Yield:

Serves 4-6

Ingredients:

2 tablespoon lemon and orange sherbet (mixed with a little water)
50ml fresh orange juice
50ml fresh pineapple juice
1 litre Lemonade

Method:

Put all the ingredients except the lemonade into a large jug stir well
Gently top-up with lemonade

---Mmmmm---

Sweet & Sour Mock Cocktail

Yield:

Single serve

Ingredients:

75ml Cranberry juice
2 tablespoons Apple juice
Dash of Sweet & Sour
Rosemary on the side

Method:

Mix all ingredients in a cocktail shaker or stirrer

Serving suggestion:

Add crushed ice and decorations

---Mmmmm---

Sweet Sunrise

Yield:

Single serve

Ingredients:

250ml Orange juice
1 teaspoon Pomegranate juice syrup (grenadine)

Method:

Fill tall glass with orange juice and ice cubes
Slowly pour pomegranate juice syrup over the juice and it will sink to the bottom and then rise to the top

Serving suggestion:

Garnish with orange slice

---Mmmmm---

Tahitian Mock Mai Tai

Yield:

4 Serves

Ingredients:

2 cups Pineapple Juice
1 cup Orange Juice
1 cup Soda Water
¼ cup Coconut Cream
2 cups Ice
4 slices fresh fruit

Method:

Combine the pineapple juice, orange juice, soda water and ice in a jug and stir until well mixed
Gently pour in coconut cream and mix gently, swirling all ingredients lightly together

Serving suggestion:

Serve in a cocktail glass and garnish with a fresh slice of fruit

---Mmmmm---

Tart Sage Mock Cocktail

Yield:

Serves 1

Ingredients:

1 cup Grapefruit Juice
4 whole Sage Leaves
Salt
Ice

Method:

Carefully bruise the sage leaves by gently crushing between fingers
In a shaker or large cup, mix ice, sage and juice very well to combine
To serve, rim drinking glass with salt

---Mmmmm---

Temperance Mary

Yield:

Single serve

Ingredients:

1 small can tomato juice
2 tablespoons lime juice
75ml club soda
3 shakes of Worcestershire sauce
2 pinches of cumin powder
1 shake of celery salt
1 teaspoon horseradish

Method:

Mix all ingredients except club soda into a large jug
Salt the rim of a tell glass
Add club soda to the glass, and then add the juices mix

Serving suggestion:

Garnish with celery stalk and top with lemon pepper

---Mmmmm---

Texas Sunrise

Yield:

Makes one serving

Ingredients:

1 cup Chilled orange juice
1½ tablespoons Pomegranate juice syrup (grenadine)
Cracked or shaved ice (optional)

Method:

To orange juice in glass, add the grenadine
Let it settle on the bottom or stir, as desired
Add ice (optional) if desired

---Mmmmm---

Toasty Butterbeer Toddy

Yield:

Serves 2

Ingredients:

2 tablespoons Sweetened Condensed Milk
2 tablespoons Butterscotch Sauce
1 tablespoons Whipped Butter
2 cups Brown Cream Soda or sparkling sarsaparilla

Method:

Mix together condensed milk, butterscotch sauce and butter in a microwave safe container
Microwave for 1 minute
Stir until the butter has melted into the mixture
Heat the cream soda in a microwave safe container for 1½ minutes
Divide the butterscotch mixture between two mugs and top with the heated cream soda

Serving suggestion:

Add a tiny puff of whipped cream to the top of each drink just before serving
During winter serve in warmed in glass mugs

---Mmmmm---

Toddy Cuddle

Yield:

Single serve

Ingredients:

½ Cup Cranberry juice
½ Cup Orange juice

Method:

Build over ice in tall glass

---Mmmmm---

Tommy

Yield:

Single serve

Ingredients:

½ cup club soda
1½ tablespoons lime juice
1 teaspoon soy sauce
1-2 sachets sweetener
1-2 ice cubes

Method:

Combine ingredients in blender
Blend on high for 10 seconds until light and frothy

Serving suggestion:

Pour over ice into a tall glass

---Mmmmm---

Tropical Chia Smoothie

Yield:

Serves 2

Ingredients:

2 passion fruit
250ml Passion Fruit Nectar
1 small mango
1 frozen banana
2 tablespoon flavoured yogurt
1 tablespoon honey
1 tablespoon chia seeds

Method:

Blend all ingredients until smooth
Serve immediately in chilled glasses or let it chill in the fridge before serving

---Mmmmm---

Tropical Passion Pop

Yield:

Serves 2

Ingredients:

1 cup orange Juice
½ fresh passion fruit
? cup sparkling water
1 tablespoon syrup
Ice cubes

Method:

Combine all ingredients in a shaker
Shake well and strain into ice-filled glasses

Serving suggestion:

Garnish with a passion fruit slice

---Mmmmm---

Tropical Passion Splash

Yield:

Serves 2

Ingredients:

1 cup Passion Fruit Juice
¼ cup chopped strawberries and mixed berries
A few mint leaves
½ cup sparkling water
Ice cubes

Method:

Add berries to the bottom of each glass
Pour in passion fruit juice, then top with sparkling water
Garnish with mint leaves and add ice

---Mmmmm---

Unscrewed Driver Mock Cocktail

Yield:

Single serve

Ingredients:

¼ cup Ginger Ale
? cup Orange Juice
Orange Slice
Ice

Method:

Pour orange juice into a glass
Pour the ginger ale on top, and add some ice cubes
Garnish with a slice of orange and serve with a swizzle stick (optional)

---Mmmmm---

Vienna Soother

Yield:

Single serve

Ingredients:

½ cup Coffee
¼ cup Cream
1½ teaspoons Chocolate syrup
¼ teaspoon Cinnamon

Method:

Pour ingredients in cocktail shaker filled with ice
Shake well Strain into glass
Top with whipped cream and shaved chocolate

---Mmmmm---

Wave Bender

Yield:

Single serve

Ingredients:

½ cup Ginger ale
1 teaspoon Pomegranate juice syrup (grenadine)
2 tablespoons Orange juice
1 teaspoon Lemon juice

Method:

Shake with ice (except ginger ale) and strain over ice cubes into highball glass
Top with ginger ale and stir

---Mmmmm---

White Fizz

Yield:

2 Serves

Ingredients:

1 cup Lemonade
½ cup White Grape Juice
¼ cup Lemon Juice
Ice

Method:

Place all the ingredients into a drink shaker with a few ice cubes
Shake well

Serving suggestion:

Serve in glasses rimmed with plain or coloured sugar

---Mmmmm---

Worcestershire Spice

Yield:

Single serve

Ingredients:

75ml Tomato juice
1 dash Lemon juice
½ teaspoon Worcestershire sauce
2-3 drops Tabasco sauce
1 wedge Lemon
Ice Cubes

Method:

Mix all ingredients in a cocktail shaker or stirrer
Pour into an unusually shaped glass

Serving suggestion:

Add Crushed Ice and decorations

---Mmmmm---

Yellow Ice

Yield:

Serves 2

Ingredients:

200ml orange juice
200ml pineapple juice
Two lemons
Ice cubes
Mint leaf (optional)

Method:

Pour the orange juice, pineapple juice and ice cubes into a shaker and shake
Cut the lemons into halves and squeeze three halves into the mix
Divide the recipe into 2 glasses
Cut the remaining lemon half into two pieces, and place one in each glass
Decorate with a mint leaf and a slice of lemon

---Mmmmm---

Yellow Tropical Not-A-Colada

Yield:

Makes one 1½ cups serving

Ingredients:

¾ cup unsweetened pineapple juice
½ banana
2-3 sachets sweetener
1 teaspoon lime juice
¼ teaspoon coconut extract
3-4 ice cubes

Method:

Combine ingredients in blender
Blend on high for 30 seconds, until smooth and creamy

Serving suggestion:

Pour into fancy glass and serve with straw

Recipe Index

14: Alcohol-Free Mojitos
15: Alice Mock Cocktail
16: Almond Ginger
17: Amber Nectar
18: Angel's Delight Christmas Drink
19: Apple and Blackcurrant Christmas Cup
20: Apple and Ginger Punch
21: Apple Orchard
22: Apple Pie Mock Cocktail
23: Apricot Julius
24: Apricot Squash
25: Autumnal Temptation Mock Cocktail
26: Baby Bellini Mock Cocktail
27: Basil Fizz
28: Beach Bingo
29: Berry Guava Sparkler
30: Berry Passion Spritz
31: Berry Sweetheart
32: Berry, Basil and Lime Mock Cocktail
33: Black Cow

34: Blackberry Lavenderade
36: Blue Moon
37: Blueberry Non-Alcoholic Mojito
38: Blueberry Swirl
39: Cardinal Punch
40: Caribbean Fruity Mock Cocktail
42: Champagne Substitute
43: Chill Factor
44: Chockmint Mock Cocktail
45: Chocolate Amaretto Crème
46: Chocolate Mint
47: Christmas Cranberry Punch
48: Christmas Kaleidoscope
49: Cinderella
50: Citrus and Soda Mock Cocktail
51: Citrus Dream
52: Cocoa Slushy
53: Cool Raspberry
54: Cosmopolitan
55: Cranberry Bite
56: Cranberry Cooler
57: Cranberry Sparkler

58: Cranberry Winter Warmer
59: Cranfruit Mock Cocktail
60: Creamsicle
61: Creamy Colada
62: Cucumber Sparkle
63: Currant Glow
64: Daniel's Den
65: Designated Driver Punch
66: Easy-Peasy Punch
67: Eggnog (Alcohol-free Posset)
69: Fresh Julep
71: Fruit Cocktail
72: Fun-Time Punch
73: Fuzzy Noel
74: Gingerbread Spritzer
75: Golden Kiwi Punch
76: Golden Punch
78: Grape Sparkler
79: Grapeberry Mock Cocktail
80: Grapefruit & Orange Mock Cocktail
81: Green Frost
82: Guava Cooler
83: Hot Cocoa Toddy

84: Hot Peach Nectar
85: Ice-cream Soda
86: Iced Coffee Mock Cocktail
87: Irish Memory
88: Jaffa Fruit Mock Cocktail
89: Lemon Mock Cocktail
90: Lemon Raspberry Mock Cocktail
91: Lemon-Strawberry Punch
76: Lemony Syrup Recipe
92: Little Engineer
93: Mango Honey Bliss
94: Mango Mint Zing
95: Mango Passion Smoothie
96: Mango Saffron Smoothie
97: Mango Yoghurt Blend
98: Mango Zing
99: Mapleberry
100: Mickey Mouse Drink
101: Mint Apple Spritz
102: Mint Mock Cocktail
104: Mint Passion
105: Mock Red Table Wine
106: Monster Slime Juice
107: Moo Cow Mock Cocktail

108: Moscow Mock Cocktail
109: Non-Alcoholic (Spanish) Sangria (Version 1)
111: Non-Alcoholic (Spanish) Sangria (Version 2)
112: Non-Alcoholic Strawberry Daiquiri
113: Orange Juliana
114: Orange Julius
115: Orange Tang Mock Cocktail
116: Party Fairy Floss
117: Passion Fizz
118: Passion Fruit Mock Cocktail
119: Passion Iced Refresher
120: Peach Julius
121: Peach Squash
122: Pine Mockolade (mock Colada)
123: Pineapple Chia Energizer
124: Pineapple Milkshake Mock Cocktail
125: Pineapple Mint Punch
126: Pineapple Pash

127: Pink Passion Fruit Mock Cocktail
128: Pink Tropical Not-A-Colada
129: Port Wine Substitute
130: Quick Party Punch
131: Raspberry Rum-free Daiquiri
132: Redberry
133: Redskin Appetiser
134: Rhubarb Beer
135: Root Beer Float
136: Rosemary Sunset Mock Cocktail
138: Saint Clements
139: Seabreeze Mock Cocktail
140: Shampagne Julep
141: Sham-pane
142: Shirley Temple Mock Cocktail
143: Silent Night
144: Snowdrift Mock Cocktail
146: Soft-textured Mock Cocktail
147: Sparkling Peach Sunrise

Mock Cocktail
148: Spiced Cranberry Winter Warmer
150: Spiced Fruity Punch
151: Spicy Sweet Mary
152: Strawberry and Melon Crush
153: Strawberry Julius
154: Strawberry Mockolada
155: Sundowner
156: Sunset Mango
157: Sunshine
158: Sweet & Sour Mock Cocktail
159: Sweet Sunrise
160: Tahitian Mock Mai Tai
161: Tart Sage Mock Cocktail
162: Temperance Mary
163: Texas Sunrise
164: Toasty Butterbeer Toddy
166: Toddy Cuddle
167: Tommy
168: Tropical Chia Smoothie
169: Tropical Passion Pop
170: Tropical Passion Splash

171: Unscrewed Driver Mock Cocktail
172: Vienna Soother
173: Wave Bender
174: White Fizz
175: Worcestershire Spice
176: Yellow Ice
177: Yellow Tropical Not-A-Colada

Blank page